



# Washington Massage News

Affiliated with American Massage & Therapy Association

## REQUEST ISSUE

John A. Murray, Port Townsend, Editor

## WASHINGTON STATE PRESIDENTS MESSAGE

July 26, 1960

### TIME MARCHES ON

During our Sunday morning convention breakfast, it was announced that a couple of our members had birthdays and their respective ages were told. In thinking about it later it came to my mind that the majority of us are "over the hill" past fifty years.

We are striving to make our W.M.T.A. and the national association more protective and better for the future. It has been a slow process, (yet we have made some progress.) It may be five, six or ten years in the future, before we gain the legislative protection we desire. By that time most of the present members will not be practicing massage therapy.

New members are very slow in joining, that we may have more finance and power to accomplish our desires.

The schools and colleges of message therapy are not graduating young men and women for the reason that they can get into positions with regular hours and much better pay to start. Most graduates are middle age to begin with.

It takes a person of patience and some financial backing to get established in a massage therapy practice. One has to prove themselves in so many ways. Your certificate of graduation alone will not do it. You have to prove to the public that you are capable of getting results. You have to prove to other members of the healing arts, that you are ethical, and of good moral character before you can expect much cooperation from any source. You must have an office adequately equipped and in keeping to the best of your financial ability with the homes and doctors offices from whom you expect your clientele.

It seems to me that in view of these facts it is up to all of us to contact massage therapists near us who are not members and get them in our membership. We need members, that means finances, which we need to accomplish our desires or we will just fade away.

Fraternally,  
Blossom Guntley, R.M.T.  
Wash. State Pres.

# Wash. State Masseuse News



Wash. State Masseuse News Association

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An elderly retired business man who owns a large, one room mountain retreat was extolling the pleasure of having other married couples up for a weekend when a friend asked if this were not embarrassing, when it came time to retire for the night. "Oh no," smiled the old gentleman, "when we were young my wife and I used to hang a blanket curtain in the middle of the room with the boys on one side, the girls on the other." "But now," he sighed, "everyone just takes off their bifocals."

Dear John:

Received the Washington Masseuse News the other day and have just finished re-reading it for the third or fourth time. I enjoy re-reading any article for reading just once does not enable me to get the fulness of content.

Also, I note my name is down for an article for the month of September. I shall try to oblige. As I was reading I thought to myself your duties to the association seem endless. Endless is just a word! Or is it? Endlessness seems a pretty fair word to break down and think about. So with a thought, a reflexion, and application to ourselves, our association and to life itself, we find that:

In the Stream of Life, days and years come to an end, but of accomplishment - of achievement - of effort, there is no end.

The finish of one task, the fulfillment of one cherished dream should imperceptibly merge into the beginning of another ambition, another arduous tour of duty and effort.

Within ourselves, the harmony of our bodily and intellectual functions always demands a voluntary effort on our part. Equilibrium is obtained by intelligence and self-control, never by "resting on the oars" - by complacency or self-satisfaction. Although humans tend toward the satisfaction of cravings and appetites, a man or a woman degenerates when he or she satisfies these appetites completely, or rests too long after the goal or wish is achieved. When you are done, you are just beginning again.

Your value to yourself and to the world depends on the capacity you have developed to face adverse situations, conquer them and continue in the endless stream of living to new problems, to new disappointments, to new conquests, to new achievements as they unreal endlessly on the Loom of Providence.

Thank goodness there is endlessness for otherwise where would we be as individuals, as associations and even as nations. Life and energy is endless, so must be our aims and desires.

That John sums up my thoughts for now. Oh, we can go on just as you so on with your apparent endless effort to your work.

the association and this little paper you compile into such pleasant reading for all of us.

If at anytime you wish to use any portion of any of these letters I write you, please feel free to do so, any part, or all, as you so desire. If I contribute a thought worthy of print and passing on, I am happy in this accomplishment.

Mrs. Piper is improving slowly. I shall take her away for a few weeks to visit our youngest son in San Diego (Navy) and feel sure that this change of environment will help her, for our mental attitudes play a tremendous role in our physical and spiritual existence.

Thanks again John for your contribution to the association as Editor of our News Publication. I am happy to receive it and look forward to each new publication.

Sincere regards to you and yours. May the Grace of God be with you always.

Fraternally yours,

Stewart T. Piper, R.M.

- Samuel Butler -

To be without friends is a serious form of poverty.

Dear John: It is, indeed, a real pleasure to have an opportunity to offer my congratulations to our newly elected officers for 1961, I am sure, that with the help and cooperation of every member of our fine organization, that we can look forward to having a very successful year.

To the officers of the immediate past year I offer my sincere thanks for a "job well done". Your devotion to the duties of your office and time spent on so many details is appreciated by all our members, I am sure.

The members of the Legislative committee can well be proud of their accomplishments of the past year. Securing a better understanding between the State License Dep't and the members of our group was a very worthwhile achievement in itself. May we continue to be appreciative of this committee for the years to come.

While I've not had the pleasure of meeting but just a very few of our members I have been impressed by their enthusiasm for such a worthy cause--that of endeavoring to help mankind with the benefits of massage-therapy.

Well, John, I trust we can get together soon for some good

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Theresa does not always say very little about the novelties and "down-to-earth" talks and thanks for your efforts as editor of our paper.

Send to you to help you see of new way writing is it.

With kindest personal regards, I am sending you a copy of the latest issue of the Journal of Massage I hope you will like it.

Sincerely,

Geo. H. Stevens

President, American Association of Massage Therapists

1111 11th Avenue, Seattle, Washington 98101

Enclosed is a copy of the latest issue of the Journal of Massage.

#### NEW MEMBERS WANTED

Now is the time to recruit new members.

We all know that we need members, good members. The only way to get them to join our association, is to go and ask them personally. It will do little or no good to call them by phone, or write them, Pryor Canaday and I both tried it when we were Seattle Chapter Presidents. Ninety-nine % did not even answer. One did answer in the negative.

If every member would take it upon themselves to make a special effort to call upon at least one non member, who is practicing near them, ask them to join with us for their own good as well as ours. I am sure we could double our membership, before the names go into next years national registry.

There are probably some massage therapists that do not know there is such an association as the A.M.T.A. There are some good past members who have dropped out for financial reasons, or lack of interest from never attending meetings or conventions. There are a few disgruntled ones who listen to a rebellious leader. Some of all these could be salvaged. (some are not worth salvaging.)

Many non-member therapists do not know what we are trying to do, or what we have done, for the common good of all therapists. Had it not been for our legislative committee, particularly our legislative chairman, Arthur Dunbar, being on the alert and keeping well informed, no massage therapist might be practicing today.

Remember we have carried the ball for many years, in watching legislative activities that nothing detrimental be passed to curb our right to practice our profession of massage therapy. These non-members have been reaping the benefit of our efforts, time and money, at no cost to them. It is about time we try to remedy that situation, by getting more members, more finance, and eventually legislation for the protection of all in one united front.

Editor -

A man can fail many times, but he isn't a failure until he begins to blame somebody else.

- Josh Billings -

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Massage now only requires you to take a little time for your business and "down-to-earth" talks and thanks for your efforts as editor of our paper.

Send to you to hold for you use of same by myself as I

With kindest personal regards, I am sending you editor I send you  
yours and I hope to follow up your's as soon as I can. I will send back to you  
Sincerely, as soon as you can as I do

not have the time I have. **Geo. H. Stevens**

Dear Sirs (and) Mrs. Billie (Mrs.)  
I am sending you two files of news well as  
for our members, for your members to review and send to me. I will send you  
general news and including the new editor appointment a list of substitutes

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Quite a lot of the world's trouble is produced by those who don't produce anything else. Life is a struggle. Success is an effort to free a soul from the struggle. Samuel Butler -

THE FACTS ARE

Man has always fought fiercely to preserve his ignorance.

Samuel Morris: Inventor of the telegraph was accused of being a quack.

Joshua Coppersmith: Was arrested for collecting funds for promoting the telephone.

Thomas A. Edison: Took 15 years to overcome the prejudice and get people to install electric lights.

William Roentgen: Discoverer of the X-ray was published as a quack.

Christopher Columbus: Was put in the dungeon because he said the world was round.

Massage: Do you think the prejudice against massage will ever be overcome? By you? Try Niedfelds.

805 E. Denny  
Ph. Ea-3-8655

No one is entirely useless. Even the worst of us can serve as a horrible example.

THE HERNIATED DISK

One hears a great deal about "herniated disks", the immense amount of suffering they cause and the frequently crippling aftermath. Only a few people have the foggiest idea what goes on in the spinal column when one of the intervertebral disks become "herniated".

Most people believe that a hernia and a rupture are one and the same. They Aren't; a hernia is a protusion. An injured spinal disk, the cushion between the vertebrae, when subjected to sudden violence, may break through the annulus fibrosus and protrude into the foramen.

The disk is normally so well protected by muscle and ligaments that it can usually withstand the rigors of play, athletics, heavy lifting and great pressure, without damage; but sometimes a quick twist, or terrific impact, such as frequently happens in an automobile collision, or fall from a ladder, will injure one or more of these very tough cushions and completely upset natures safeguard of the nervous system.

The inside of the spinal disk contains an oily bubble which, under normal conditions, rotates or slides from one position to another in the manner of a carpenter's level. This is a sort of miniature gyroscope to maintain a constant equilibrium within the disk, accommodating itself to the body's position. When the disk is injured this bubble is necessarily limited to a radically constricted area and cannot service that portion which is compressed or "herniated", and oozes outside its proper domain. The mechanics, so carefully contrived by nature, are disrupted, but can be and usually are repairable with scientific massage.

Only about 2 % of disk injuries are actually ruptured. When this occurs there is no cushion between the vertebrae, and nerve ends grate against one another causing excruciating pain. Herniations of the neck and shoulder disks do not happen so often as do those in the sacro-iliac area.

A low back pain or "crick in the back", may be a temporary thing that will correct itself; but if it doesn't disappear within a short time, trouble ensues via "chain reaction" which communicates from nerve system to nerve system, as one break down after another occurs, further enlarging the areas of pain and damage to tissue.

Most patients with back trouble who are admitted to our offices are only mildly interested in the scientific aspects of what ails them. Their principal concern is whether they can be relieved of pain; whether they can walk straight; whether they can resume their former occupations. For them this is a comforting message:

"The majority of cases treated conservatively, (with heat, light, water and massage and without resort to surgery) respond well. The treatment for all these conditions is two-fold: Relieve compression of posterior part of disk, separate the jamming of transverse processes and that will relieve the new pressure."

Sincerely,

Ruth E. Williams, R.M.T.